



## Metropolitan Speleological Society

### GEAR LISTS

**Disclaimer:** These lists are only a sample of what gear is needed. They do not take into consideration the equipment a trip leader would bring, nor any equipment needed for some specific trips. All equipment should be in working condition and used in accordance with the manufacturers specifications. Proper training in the use of the equipment should be sought prior to any trips.

#### CAVING

- Helmet
- Head lamp / or helmet mounted light
- Spare batteries for head lamp
- Two additional sources of light (for example a spare torch/headlamp and a candle in your first aid kit)
- Cotton overalls. Optional/cordura suits good for the colder/wetter caves.
- Clothing under overalls a personal choice. Suggestions include thermal long johns and long sleeve top, or shorts and t-shirt for hotter climes.
- Gloves (tough rubber or gardening style depending on personal preference)
- Gumboots or other suitable footwear for muddy conditions
- Kneepads suggested for caves involving crawling. Elbow pads optional.
- Cave pack, or a suitable pack that can get muddy and wash up well, with a simple design (no/minimal external straps – to avoid getting caught on cave walls)
- Tough water bottle such as Sigg or similar. It gets tough treatment in a cave and many plastic bottles don't survive.
- Tip - keep food in a container, zip-lock bag inside a strong plastic case works well ... unless flattened squished sandwiches are your thing. No food remnants are to remain in caves, so food that will not crumble and leave crumbs is recommended. No tuna cans are to be drained in caves!
- For longer more serious trips consider a sealable pooh jar (with plastic bag) and wee bottle (with large mouth) – just in case of emergency
- First aid kit should be carried by the underground team, including at least one emergency blanket.

#### CANYONING / ABSEILING – the basics

- Day pack with enough room to carry gear and a rope
- Harness / descender (Figure 8s not used) / carabineers / prussic loops
- Helmet
- Hydrolyte (always carry some particularly in hot weather)
- First aid supplies – snake bandage at the very least
- Gloves (optional)
- Wetsuit for wet canyons
- Dry bag for wet canyons

#### And when you decide to “get serious”!

- Compass – even an el cheapo one - everyone should carry one even if you're not sure how to use it
- Thermals – most of us carry them “just in case”
- Spray Jacket – a cheap light weight rain shell – if you're in a cold canyon and for some reason it's really slow, or you have to stop it can mean the difference between shivering and not!
- Otto Bin Liner – if you ever get benighted, you'll appreciate an Otto Bin Liner to hunker down in to keep warm – a poor man's sleeping bag, weighs nothing but oh so handy!
- Head torch – no matter how hard we try, sometimes we walk out in the dark!
- Pooh jar – if you're benighted in a canyon (or cave), you'll appreciate this ... peanut butter jar with plastic bag and toilet paper.

## **BUSHWALKING (OVERNIGHT) – the basics**

- Tent (optional ground sheet) or tarp / fly
- Sleeping mat (optional – bit for a good night's sleep foam mat or thermarest)
- Sleeping bag
- Hiking shoes or boots (personal preference)
- Hydrolyte (always carry some particularly in hot weather)
- First aid supplies – snake bandage at the very least
- Pack shovel (small trowel for digging a toilet hole) + toilet paper
- Billy, plate, cup, spoon
- Head torch
- Crocs (optional), spare socks / underwear (optional)
- Thermals (in winter)
- Warm jumper (in winter)
- Water bottle (Optional - water purification tablets)